



Bite-Size Yoga

for your Spirit

Grounding Meditation

- 1 Find Your Seat:** Sit in a chair with your feet planted on the ground, your hands on your thighs palms up, and a long straight spine. Close your eyes.
- 2 Focus Your Attention:** Focus your attention in the center of your head, between your ears and behind the center of your eyebrows.
- 3 Visualize Your Body:** As if you are watching a movie screen projected between your eyebrows, visualize your body seated in a chair just like you are in real life.
- 4 Call in Your Aura:** Call in all your non-physical energy so that it forms a bubble or aura a foot or two around, above, and below your body.
- 5 Connect to the Center of the Earth:** From the base of your spine, imagine a beam of light the width of your hips shooting down, connecting you to the center of the earth like a grounding cord.
- 6 Release Old Energy Down:** Each time you exhale, release any heavy or negative energy from your aura down this grounding cord to the center of the earth to be recycled.





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- 7 **Allow the Earth to Connect Back to You:** From the center of the earth, imagine a tree trunk springing up around your grounding cord, connecting back up to your hips and aura.
- 8 **Allow the Earth to Connect to Your Feet:** From, this tree trunk grows two branches. They connect to the chakras or wheels of energy at the soles of your feet.
- 9 **Receive Fresh Energy from the Earth:** As you inhale, you receive fresh abundant earth energy as it travels through your feet, your ankles, your knees, and your hips, washing your root chakra at the base of your spine.
- 10 **Release Any Extra Energy Back Down:** Then as you exhale, any excess earth energy flows back down your grounding cord, strengthening your connection to the earth.
- 11 **Notice Any Sensations or Messages:** Take a few minutes to observe any sensations. Do you sense a color, feeling, or temperature associated with the flow of earth energy? Do any other thoughts, feelings, colors, or sensations come up as you focus on the energy being released? Are you yawning, twitching, or noticing any physical manifestations of the energy-releasing?





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Come Out of Your Meditation: When you feel complete for this session, allow your awareness to drop from your head down into your heart-center in your physical body. Begin to wiggle your fingers and toes and gently flutter your eyes open. You can fold forward and touch the floor to release any extra energy.





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Practice Daily for a Week:

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Reflection: How did this practice make me feel?

Reflection: When did this practice work best for me?

Evaluation:

Like:

Dislike:

Neutral:

